PASTRY ART

Do it the Ghanaian way!

DOREEN ANYELEY AFFUL

Pastry Art
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First Edition: July 2026
Published by: Doreen Anyeley Afful

ISBN:

ABOUT THIS RECIPE BOOK

This recipe book will walk you through detailed steps to make the most popular pastries and snacks enjoyed by Ghanaians.

INTRODUCTION

My love for delicious Ghanaian pastries inspired me to master the art of baking. What began as a personal hobby, focused on quality and hygiene for my family evolved in no time into ***Dee's Bite,*** *a business born out of a demand for tasty, healthy, and affordable treats. At* ***Dee's Bite****, driven by our belief in adding value to others, we were inspired to facilitate training sessions, which have now extended globally*

through this recipe book. We believe you deserve the best and can make tasty, healthy, and affordable treats for yourself and your loved ones with the help of this recipe book. Enjoy your journey to making tasty treats!

Bee's Bite
HOMEMADE PASTRIES

DEDICATION

To my husband, James Afful: Thank you for being my greatest support and inspiration. My deepest gratitude goes to my parents, my siblings, and the loyal customers of Dee's Bite; I cherish each and every one of you. To those starting their journey to master the art of pastry, you have found the right resource, congratulations!

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Dee's Bite
HOMEMADE PASTRIES

Vanilla Shortbread

Vanilla Shortbread

Servings:	30
Prep Time:	15- 25 minutes
Cook Time:	25 - 30 minutes

Ingredients:

- **Margarine(Salted) - 250g / 1 cup & 2 tbs**
- **Powdered sugar - 50g / ⅓ cup**
- **Powdered milk - 20g / ¼ cup**
- **Vanilla Essence - 4.93 ml / 1tsp**
- **All-purpose flour (Sifted) - 490g / 3& ½ cups**

Directions:

- **Grease a 30-cookie capacity baking sheet with margarine and set it aside.**
- **In a bowl, combine the margarine, powdered sugar, and powdered milk and cream with a hand mixer for 3 minutes.**
- **Scrape the sides of the bowl with a silicone spatula to ensure even creaming. Add vanilla essence and cream for another 2 minutes, until the mixture is pale yellow and creamy.**
- **Add the sifted flour into the creamed margarine. Mix with clean hands to form a crumbly dough.**
- **Sprinkle a small amount of flour onto your work surface. Bring the dough together, transfer it onto your work surface and preheat your oven.**

Vanilla Shortbread

Directions:

- **Roll out the dough to a thickness of about 1 cm and use your preferred cookie cutter to cut out the dough.**

- **Arrange the shortbread on the greased baking sheet and bake on medium heat until they are golden brown.**

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Vanilla Shortbread

Chocolate Shortbread

Chocolate Shortbread

Servings:	25
Prep Time:	15 - 25 minutes
Cook Time:	35 - 45 minutes

Ingredients:

- **Margarine(Salted) - 250g / 1 cup & 2 tbs**
- **Powdered sugar - 90g / ½ & ¼ cups**
- **Powdered milk - 40g / 5 tbs**
- **Cocoa Powder - 8 g / 1 & ½ tbs**
- **All-purpose Flour(Sifted) - 400g / 3&¼ cups**

Directions:

- **Grease a 25-cookie capacity baking sheet with margarine and set it aside.**
- **In a large bowl, combine the margarine, powdered sugar, and powderedmilk. Cream the mixture with a hand mixer for 3 minutes.**
- **Scrape the sides of the bowl with a silicone spatula and cream again for 2 minutes, until the mixture is pale yellow and creamy.**
- **Sift flour again together with the cocoa powder into the creamed margarine. Mix with clean hands to form a crumbly dough.**
- **Sprinkle a small amount of flour onto your work surface. Bring the dough together, transfer it onto the work surface and preheat your oven.**
- **Roll it out to a thickness of about 1 centimeter and use your preferred cookie cutter to cut out the dough. Arrange the cut-out dough on the greased baking sheet and bake on low heat.**

Meat Turnover

Meat Turnover

Servings:	5
Prep Time:	20 - 30 minutes
Cook Time:	35 - 45 minutes

Ingredients:

Filling:

- **Vegetable oil - 1tbs**
- **Preferred meat (ground or minced) - 98g / 7 tbs**
- **Onion - ⅓ of small bulb**
- **Carrot - ½ of small**
- **Bell pepper - ½ of small**
- **Seasoning - 3 g / ½ tsp**
- **Salt - 2.5g / ½ tsp**

Directions:

Filling:

- **Wash and chop the vegetables in small sizes.**
- **Heat a pan and add the oil.**
- **Add the chopped onions and stir for about 30 seconds. Add in the meat and 4 tbs of water, and allow it to cook for about 5 mins.**
- **Add in the chopped carrot and bell pepper, seasoning, and salt, and stir.**
- **Mix the corn flour and 1 tablespoon of water, add it to the meat on fire and stir with a wooden spoon. Turn off the heat after 2 minutes and set aside.**

Crust:

- **Grease a baking sheet with margarine and set it aside.**

Meat Turnover

Ingredients:

- **Water (Room Temperature) - 75 ml / 5 tbs**
- **Corn flour - 3.5 g / ½ tbs**

Crust:

- **All-purpose flour - 350g / 2, ½ & ¼ cups**
- **Powdered milk - 40g / 5tbs**
- **Nutmeg (Grated) - 1.2g / ½ tsp**
- **Margarine(salted) - 220g / 1 cup**
- **Cold water - 45 - 75 ml / 3 - 5 tbs/.**

Extra(s):

- **Egg(small) - 1**

Directions:

- **In a bowl, sift the flour. Add in the powdered milk and nutmeg, and mix with a whisk or your hand.**
- **Add in the margarine and mix with your hand. Once the margarine is well broken apart, rub the mixture in your palms to ensure even distribution of margarine.**
- **Gradually add cold water as a binding agent for a crumbly dough, form a ball out of it and preheat your oven.**
- **Sprinkle a little flour on the work surface and transfer the dough onto it. Roll out the dough to a thickness of about 1 cm with a rolling pin.**
- **Cut out the dough with a 3 inch pie cutter and fill them with the filling at the center.**
- **Brush the edges of the dough with water using a pastry brush and enclose by turning one side over to the other and press edges together with your index finger or a fork.**

Meat Turnover

NB: **You can use any vegetable or oil of your choice**

Directions:

- **Alternatively, simply enclose in a foldable meat pie cutter.**
- **Arrange the pies on the baking sheet and beat an egg in a small bowl.**
- **Brush the tops of the pies with the beaten egg using a pastry brush.**
- **Bake on medium heat.**

Meat Turnover

Filling:

Meat Turnover

Crust:

Fish Turnover

Fish Turnover

Servings:	5
Prep Time:	15 - 25 minutes
Cook Time:	35 - 45 minutes

Ingredients:

Filling:

- **Fish flakes - 98g / 7 tbs**
- **Onion - ⅓ of small bulb**
- **Carrot - ½ of small**
- **Bell pepper - ½ of small**

Crust:

- **All-purpose flour - 350g/ 2, ½ & ¼ cups**
- **Powdered milk - 40g / 5tbs**
- **Nutmeg (Grated) - 1.1 g / ½ tsp**

Directions:

Filling:

- **Wash and chop the vegetables.**
- **In a bowl, transfer tuna flakes, then add the chopped vegetables and mix with a spoon.**
- **Add diced vegetables, seasoning, and salt, and stir. Set aside.**

Crust:

- **Grease a baking sheet with margarine and set it aside.**
- **In a bowl, sift the flour using a sieve.**
- **Add in the powdered milk and nutmeg, and mix with a whisk.**

Fish Turnover

Ingredients:

Crust:

- **Margarine(salted) - 220g / 1 cup**
- **Cold water - 45 - 75 ml / 3 - 5 tbs**

Extra(s):

- **Egg(small) - 1**

NB: You can use any vegetable of your choice and be sure to dice them for the filling.

Directions:

- **Add in the margarine and mix with your hand. Once the margarine is well broken apart, rub the mixture in your palms to ensure even distribution of margarine.**
- **Gradually add cold water as a binding agent for a crumbly dough, form a ball out of it and preheat your oven.**
- **Sprinkle a little flour on the work surface and transfer the dough onto it. Roll out the dough to a thickness of about 1 cm with a rolling pin.**
- **Cut out the dough with a 3 inch pie cutter and fill them with the filling at the center.**
- **Brush edges with water using a pastry brush and enclose by turning one side over to the other and press edges with your index finger or a fork. Alternatively, simply enclose in a foldable meat pie cutter.**
- **Arrange the pies on the baking sheet and beat an egg in a small bowl.**

Fish Turnover

Directions:

- **Brush the tops of the pies with the beaten egg using a pastry brush.**
- **Bake on medium heat.**

Sausage Roll

Sausage roll

Servings:	8
Prep Time:	10 - 15 minutes
Cook Time:	30 - 40 minutes

Ingredients:

- **All-purpose flour - 350g / 2, ½ & ¼ cups**
- **Powdered milk - 40g / 5 tbs**
- **Nutmeg(Grated) - 2.2g / 1tsp**
- **Margarine(salted) - 220g / 1 cup**
- **Cold water - 45 - 75 ml / 3 - 5tbs**
- **Sausage - 4 pieces**
- **Egg(small) - 1**

Directions:

- **Grease a baking sheet with margarine and set it aside.**
- **In a bowl, sift flour using a sieve.**
- **Add in the powdered milk and nutmeg, and mix with a whisk.**
- **Add in the margarine and mix with your hand. Once the margarine is well broken apart, rub the mixture in your palms to ensure even distribution of margarine.**
- **Gradually add cold water as a binding agent for a crumbly dough, form a ball out of it and preheat your oven.**

Sausage Roll

Directions:

- **Sprinkle a little flour on the work surface and transfer the dough onto it. Roll out the dough to a thickness of about 1 cm with a rolling pin.**
- **Divide the dough into 4 rectangles with length equal to that of the sausage**
- **Place one sausage at the left end of each rectangular dough.**
- **Roll the dough and sausage over starting from where the sausages are placed. Brush the end of the rectangular dough with water using a pastry brush, and seal the end of the roll properly.**
- **Divide each sausage roll into two equal halves to yield eight sausage rolls.**
- **Beat one egg in a small bowl with a spoon or a whisk.**
- **Arrange the rolls on the greased baking sheet and brush their tops with the beaten egg using a pastry brush.**

Sausage Roll

Directions:

- **Bake on medium heat.**

Chocolate/Jam Roll

Chocolate/Jam Roll

Servings:	8
Prep Time:	10 - 15 minutes
Cook Time:	30 - 40 minutes

Ingredients:

- **All-purpose flour - 350g / 2, ½ & ¼ cups**
- **Powdered milk - 40g / 5 tbs**
- **Margarine - 220g / 1 cup**
- **Cold water - 45 - 75 ml / 3 - 5tbs**
- **Egg (small) - 1**
- **Chocolate Spread/Jam - Preferred quantity**

Directions

- **Grease a baking sheet with margarine and set it aside.**
- **In a bowl, sift flour using a sieve.**
- **Add in powdered milk and nutmeg, and mix with a whisk.**
- **Add in the margarine and mix with your hand. Once the margarine is well broken apart, rub the mixture in your palms to ensure even distribution of margarine.**
- **Gradually add cold water as a binding agent for a crumbly dough, form a ball out of it and preheat your oven.**

Chocolate / Jam Roll

Directions:

- **Sprinkle a little flour on the work surface and transfer the dough onto it. Roll out the dough to a thickness of about 1 cm with a rolling pin..**
- **Divide the dough into 4 rectangles (about 5x10 cm). Then, divide each rectangular piece of dough into two equal halves along its length (longer side).**
- **Spread some chocolate spread or jam on the dough using a palette knife, then roll them along the length (longer side) of the dough.**
- **Beat one egg in a small bowl with a spoon or a whisk.**
- **Arrange the rolls on the greased baking sheet and brush their tops with the beaten egg using a pastry brush.**
- **Bake on medium heat.**

Sugar-free Chips

Sugar-free Chips

Servings:	25 - 35
Prep Time:	10 - 15 minutes
Cook Time:	20 - 35 minutes

Ingredients:

- **All-purpose flour - 350g / 2, ½ & ¼ cups**
- **Nut meg - 2.2g / 1 tsp**
- **Powdered milk - 40g / 5 tbs**
- **Margarine - 220g / 1 cup**
- **Cold water - 45 - 75 ml / 3 - 5 tbs**

Directions:

- **Grease a baking sheet with margarine and set it aside.**
- **In a bowl, sift the flour using a sieve.**
- **Add in the powdered milk and nutmeg, and mix with a whisk.**
- **Add in the margarine and mix with your hand. Once the margarine is well broken apart, rub the mixture in your palms to ensure even distribution of margarine.**
- **Gradually add cold water as a binding agent for a crumbly dough and form a ball out of it and preheat your oven.**
- **Sprinkle a little flour on the work surface and transfer the dough onto it. Roll out the dough to a thickness of about 1 cm with a rolling pin.**

Sugar-free Chips

Directions:

- **Cut the dough into your preferred sizes and shapes and arrange them on the greased baking sheet.**

- **Bake on low heat.**

Mini Baked Doughnuts

Mini Baked Doughnuts

Servings:	15- 20
Prep Time:	15 - 20 minutes
Cook Time:	20 -25 minutes

Ingredients:

- **All-purpose flour- 200g / 1, ⅓ & ⅓ cups**
- **Baking powder - 4g / 1 tsp**
- **Nutmeg - 1.5g / ½ tsp**
- **Margarine - 200g / ½ & ¼ cup & 2 tbs**
- **Powdered sugar - 80g / ⅓ & ⅓ cup**
- **Egg (small) - 2**
- **Evaporated milk - 60g / 4 tbs**
- **Water - 45 ml / 3 tbs**
- **Vanilla Essence - 4.93 ml / 1 tsp**

Directions:

- **Sift the flour into a bowl using a sieve, then add the baking powder and nutmeg. Mix with a whisk and set it aside.**
- **Mix the milk and water in a cup and it set aside**
- **Transfer the margarine and powdered sugar into a bowl. Cream for 3 minutes with a hand mixer.**
- **Scrape the sides of the bowl with a silicone spatula and cream again for 2 minutes to ensure the margarine is evenly creamed and pale yellow .**
- **Add in the eggs one at a time while you continue creaming.**
- **Add in milk and water mixture and continue to cream.**

Mini Baked Doughnuts

Directions:

- **Add vanilla essence and stop creaming after 1 minute.**
- **Scrape the sides of the bowl and add the dry ingredients (flour, baking powder, nutmeg). Cut and fold the mixture until all ingredients are well incorporated.**
- **Preheat the doughnut maker while transferring the mixture into a piping bag.**
- **Fill the holes of the doughnut maker enough mixture from the piping bag and close it.**
- **Wait until the doughnut maker alerts you when the doughnuts are well baked, then take them out.**
- **Repeat this process until the mixture is finished.**
- **Allow the doughnuts to cool and trim their edges with a clean scissors if necessary.**

Party Drop Doughnuts

Party Drop Doughnuts

Servings:	15 - 20
Prep Time:	5 - 10 minutes
Cook Time:	20 - 30 minutes

Ingredients:

- **Flour - 250g/ 2 cups**
- **Powdered sugar - 60g/ ½ cup**
- **Nutmeg - 2.2g / 1 tsp**
- **Baking powder - 7g / 2 tsp**
- **Salt - 0.75g / ⅛ tsp**
- **Margarine - 42g / 3 tbs**
- **Egg (large) - 1**
- **Evaporated milk - 177 ml / ½ & ¼ cup**
- **Vanilla Essence - 4.93 ml / 1 tsp**
- **Vegetable oil - 1 L / 4 & ¼ cups**

Directions:

- **In a bowl, combine dry ingredients (flour, sugar, baking powder, nutmeg, salt) and set aside.**
- **In a separate bowl, mix wet ingredients (milk, egg, vanilla essence) and set aside.**
- **Add softened margarine to the dry ingredients and mix with your hands, and create a well in the middle.**
- **Add in the wet ingredients and mix together**
- **Heat the vegetable oil and scoop mixture with an ice-cream scoop or your hand and drop gently into the hot oil.**
- **Fry until golden brown on medium heat.**

Chin Chin

Chin Chin

Servings:	2- 4 cups
Prep Time:	10 - 15 minutes
Cook Time:	25 - 35 minutes

Ingredients:

- **Flour - 500g/ 4 cups**
- **Sugar - 100g/ ½&⅓ cup**
- **Nutmeg - 0.6g / ¼ tsp**
- **Baking powder - 3g / 1 tsp**
- **Salt - 0.55g / ¼ tsp**
- **Margarine(salted) - 75g / ⅓ cup**
- **Vanilla Essence - 4.93 ml 1tsp**
- **Egg(Large) - 1**

Directions:

- **Put the dry ingredients together in a bowl and mix. Mix water and milk in a cup.**
- **Add margarine to the dry ingredients and mix with your hand.**
- **Add in the egg and mix together.**
- **Create a well at the center, add in the milk and mix and knead to form a dough**
- **Sprinkle a little flour on a clean work surface and transfer the dough onto it.**
- **Roll out the dough with a rolling pin to a thickness of about 1cm.**
- **Cut the dough into small cubes using a knife or a pizza cutter.**

Chin Chin

Ingredients:

- **Evaporated Milk - 140 ml/ ⅓ & ¼ cup**
- **Vegetable oil - 1.5L / 6 cups**

Directions:

- **Heat the oil and transfer the dough cubes into the hot oil and fry until golden brown while stirring.**

Dry Puff Puff

Dry Puff Puff

Servings:	8
Prep Time:	1 hour
Cook Time:	30 minutes

Ingredients:

- **All-purpose flour - 375g / 3 cups**
- **Powdered sugar - 60g / ½ cup**
- **Instant yeast - 4.5g / ½ tbs**
- **Nutmeg - 0.3g /⅛ tsp**
- **Salt - 2.8g / ½ tsp**
- **Margarine - 28g / 2 tbs**
- **Egg (Medium) - 1**
- **Vanilla Essence - 4.93 ml / 1 tsp**
- **Warm water/ milk - 235 ml / 1 cup**
- **Vegetable oil - 1L / 4 & ¼ cups**

Directions:

- **In a bowl, mix all dry ingredients (Flour, Sugar, Instant yeast, Nutmeg, Salt)**
- **Add in margarine and egg and mix with your hand.**
- **Add in the warm water or milk and combine to form a dough.**
- **Knead with hands for 45 minutes (5 minutes with a stand mixer), cut and form eight balls of the same size.**
- **Sprinkle some flour on a baking sheet or a tray, arrange dough balls on it. Cover and allow them to rest and proof for 1 hour.**
- **Heat the vegetable oil in a deep pan on medium heat.**
- **Start frying dough balls until they are golden brown.**

Wet Puff Puff

Wet Puff Puff

Servings:	15 - 20
Prep Time:	1 hour
Cook Time:	20 - 30 minutes

Ingredients:

- **All-purpose flour - 250g / 2 cups**
- **Instant yeast - 9g / 1 tbs**
- **Powdered sugar - 30g / ¼ cup**
- **Salt - 2.5g / ½ tsp**
- **Nutmeg - 2.2g / 1 tsp**
- **Warm water/milk - 296 ml / 1 & ¼ cup**
- **Vegetable oil - 1L / 4 & ¼ cup**

NB: **Hot water will kill the yeast and prevent the dough from proofing**

Directions:

- **Sift the flour into a bowl, then add yeast, sugar, and salt, and mix well with a whisk.**
- **Add warm water or warm evaporated milk to the dry ingredients while mixing with hand until a smooth paste is formed.**
- **Cover the paste and allow it to rest for 45 minutes while it proofs.**
- **Heat vegetable oil in a deep pan. Scoop the butter with your hand or an ice cream scoop and drop gently into the oil.**
- **Fry until golden brown and transfer onto a tray lined with paper towel to soak any excess oil.**

Equipment and Machinery

Oven

Pastry Brushes

Work Surface

Silicone Spatulas

Whisk

Rolling pins

Wooden Spatulas

Electric Hand Mixer

Cookie Cutters

Doughnut Maker

Baking Sheets

Pie Cutters

Piping Bags

Measuring Cups

Sieve

Palette Knives

Oven Gloves

Ice-cream Scoop

BAKING TERMS

Sifting	Passing dry ingredients through a sieve to remove lumps, aerate the mixture, or separate fine particles from coarse ones
Rolling	Flattening dough or pastry to a specific, uniform thickness using a rolling pin
Greasing	Applying a thin, even layer of fat(margarine, Butter, Cooking oil, Cooking Spray) onto the interior surfaces of baking sheets to prevent food from sticking.
Creaming	Beating softened margarine or butter and sugar together until light, fluffy and pale

BAKING TERMS

Kneading	Repeatedly stretching, folding, and pressing the dough to form gluten .
Cut and fold	To cut and fold, slice a spatula straight down the middle of the batter, sweep it across the bottom, flip that portion over the top, and rotate the bowl as you repeat until combined
Dry ingredients	granular, solid, powdery, or baking ingredients that do not add moisture to a recipe. Examples : Flour, sugar, salt.
Wet ingredients	fluid, liquid, or baking ingredients that are rich in moisture in a recipe that hydrate the dry ingredients and activate leavening agents. Examples : water, egg, milk.
Medium Heat	350°F to 375°F (177°C - 191°C)

BAKING TERMS

Low Heat	200°F and 325°F (95°C–165°C)
Tbs	Tablespoon
Tsp	Teaspoon
L	Litre
Cm	Centimeter

NOTES